



**American
Red Cross**

Level 5 – Stroke Refinement

Instructor: _____

Date: _____

Student's Name

	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
Water Entry and Exit										
Shallow dive from the side										
Shallow dive, glide two body lengths, begin any front stroke										
Breath Control and Underwater Swimming										
Swim underwater (no hyperventilation)										
Tuck surface dive										
Pike surface dive										
Buoyancy on Front										
Survival float										
Buoyancy on Back										
Back float										
Changing Direction and Position										
Flip turn while swimming on front										
Flip turn while swimming on back										
Treading										
Tread water—kick one										
Tread water—kick two										
Swim on Front										
Front crawl										
Butterfly										
Breaststroke										
Swim on Back										
Back crawl										
Elementary backstroke										
Swim on Side										
Sidestroke										
General and Personal Water Safety										
Survival swimming										
Helping Others										
Rescue breathing										
Exit Skills										
Exit Skill 1										
Exit Skill 2										

Exit Skills Assessment:

1. Perform a shallow dive into deep water, swim front crawl for 50 yards, maintain position on back for 2 minutes in deep water (float or scull) and swim elementary backstroke for 25 yards.
2. Swim breaststroke for 25 yards, tread water for 2 minutes and swim back crawl for 50 yards.